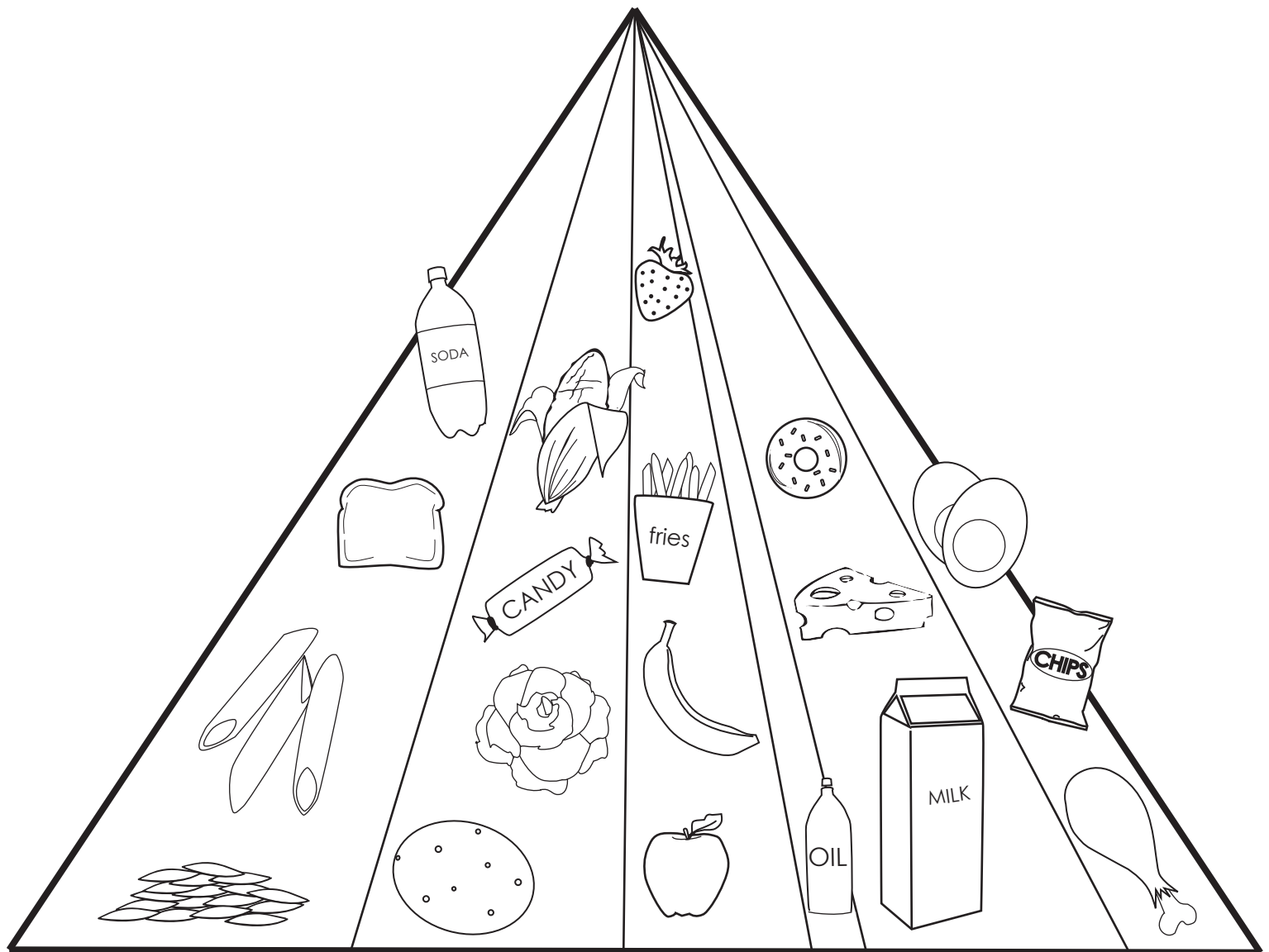


Healthy Eating: Color in the Food Pyramid

Eating healthy foods gives you more energy to play and can even help you do better in school!!
Below is a picture of a food pyramid: a diagram that tells us the foods that are healthy to eat.

CIRCLE the foods that DO NOT BELONG
COLOR in the foods that BELONG



Grains

Vegetables

Fruits

Oils

Dairy

Meat &
Beans
(Eggs are
included)